Greetings from SSP and PED

Greetings!

For those unfamiliar with our programs, SSP and PED serve two distinct purposes at Reinhardt College.

The Sport Studies Program (SSP) is an undergraduate degree track leading to the Bachelor of Science in Sport Studies with options in Sports Administration and Sports Information.

The Physical Education Department (PED) is not a degree program. Instead, PED supports the college’s general education curriculum through health, wellness, and physical activity course offerings.

Both programs are part of the broader field of Kinesiology (the academic discipline which studies physical activity and its impact on health, human performance, and society).

The SSP is designed for students who are interested in the scholarly study of sport from a cultural perspective, and for students interested in preparing for sport and kinesiology-related careers.

A unique aspect of the Sport Studies degree is an extensive internship requirement that allows SSP majors to earn academic credit while gaining authentic practical experience.

Majors have completed internship or practicum experiences at more than a dozen sport sites since last spring.

Read on to learn more about SSP and PED.

Enjoy the newsletter!

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**Sport Studies Majors Get in the Game**

Majors in the Sport Studies Program complete two field requirements in sport-related settings.

**PED 380** is a 3-credit practicum, meant to be an introductory experience taken during the junior or senior year. Students complete 150 hours of work in a program-approved setting.

**PED 480** is the program capstone, a 12-credit, 600 hour internship in a sport setting closely aligned with the student’s career goals.

Placements for these experiences are as varied as the interests of students who complete them.

Over the past year, SSP majors have completed field experiences with:

- **790 the Zone Sports Radio** (Atlanta) … **Towns County Recreation** (Hiawassee) … **Reinhardt College Athletics** … **Sparta Marketing Group** (West Palm Beach, FL) … **Lake Arrowhead** (Waleska) … **Reinhardt Central Student Activities** … National Association for...

**Sport and Physical Education** (Reston, VA) … **Walton High School Football** (Marietta) … **Roswell High School Football** (Roswell) … **Gordon College Athletics** (Barnesville) … and others.

These students not only gain valuable career preparation through the field placements, Sport Studies majors also serve as fine ambassadors for Reinhardt College.

Congratulations to all!
### Alumni Updates

Our Sport Studies and Physical Education Teacher Education alumni base continues to grow.

**Josh Travis (SSP 02)** is the men's basketball assistant coach at North Georgia College in Dahlonega.

**James Adams (PETE 07)** is a Physical Education teacher at Knox Elementary School in Canton.

**Nicole and Kevin Muns (SSP 03)** live in North Augusta, SC. Nicole is an elementary school counselor and Kevin builds and remodels homes.

**Kevin Perry (SSP 03)** is a sales manager with The Kickoff Zone, a college football publication in Chattanooga, and a writer for goal.com (an online soccer publication).

**Daniel (DJ) Stockdale (SSP 06)** is Baseball Coordinator for Rome-Floyd County Parks and Recreation.

**Ken Dixon (SSP 02)** is the General Manager of the Marietta City Club … where he works with Assistant Golf Pro **Bryan Poole (SSP 04)**.

**Jeff Holt (SSP 05)** is the Executive Director of the Atlanta Junior Golf Association and has been featured on the Reinhardt website and in various regional newspaper articles.

**TJ Rosene (SSP 01)** is head men’s basketball coach at Emmanuel College in Franklin Springs, GA. He and wife Erin (ECE 03) have a son (Boston) and daughter (Bella).

Send alumni news to Dr. Epling (rte@reinhardt.edu)

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### Faculty News

**Dr. Ron Akers** was awarded the Jason Gamel Reinhardt College Spirit Award at Homecoming 2009. Congratulations Dr. Akers! Ron also serves as Rep for the Northwest District of the Georgia Association for Health, Physical Education, Recreation, and Dance. In that role, he hosts a large group of regional Physical Education teachers at Reinhardt for an annual workshop.

**Dr. Bob Epling**, Coordinator of PED and Sport Studies, was granted tenure in Spring 2009. Epling participated in the initial Scholarly Conference on Intercollegiate Sports (Memphis) in April 2008, and a national conference for Kinesiology Department Chairs (Orlando) in February 2009.

Several Reinhardt College athletic staff members support the PED program by teaching courses.

**Amanda Clonts** (aerobics, basketball), **Glen Crawford** (softball, weight training), **Taz Kicklighter** (camping and others), **Angie Mond** (Volleyball), and **Jennifer Sackman** (tennis and others) taught various classes. **Marc Garduque** of Information Technology also continued to offer his popular karate classes.

Many thanks to all for their valuable contributions to our programs and students.
First Person: Drew McDaniel

Note: Drew McDaniel is a senior Sport Studies major. He reflected on his experiences in this First Person account.

Our office is the United States headquarters of Mizuno, which has its international headquarters in Japan.

Mizuno USA represents players with performance gear in many sports. I am in the Diamond Division … which represents baseball, softball, and volleyball.

Mizuno makes all sorts of products including shoes, batting gloves, gloves, equipment bags, apparel, golf equipment, and much more.

So far I have been assisting with getting the orders of our baseball clients ready for spring training. Among the players using Mizuno are Chipper Jones, Brian McCann, Jeff Francoeur, Todd Helton, Ichiro Suzuki, Miguel Tejada, Victor Martinez, and many more.

Tracking Major League Baseball rosters, packaging, mailing, shipping, filing, fixing gear, and communicating with MLB organizations, agents, and players are some of the duties that make up my day.

Meeting Brian McCann of the Braves (who tests much of our gear and is a major local client) and chatting with him at our offices was a big thrill.

New Courses!

Several new academic courses have recently been (or will soon be) offered to SSP majors and other interested students:

- Principles of Coaching
- Emergency Care Injury Prevention
- Baseball and American Culture
- Introduction to Kinesiology

Activity courses have been enhanced with new offerings as well:

- Camping
- Golf (at Callahan Golf Course)
- Karate
- Line Dance
- Sailing (at Lake Arrowhead)
- Social Dance
Move ... Your Life Depends On It!

When the field of Kinesiology (or Physical Education) developed in the U.S. as a profession in the mid-to-late 1800s, a driving force was the belief that "physical activity for the masses" was an important part of a healthy life for men and women.

Who today, when the United States faces tremendous health related social challenges – most due to INACTIVITY – would dispute the foresight of those early PE/Kinesiology leaders? In 2008, the U.S. Department of Health and Human Services released Physical Activity Guidelines for Americans of all ages.

Do you know those guidelines and follow them?

Skillful Movement

Physical activity is broad ... you can gain health benefits from taking the long way around campus to class, walking to class instead of driving, taking the stairs in Lawson instead of the elevator, walking at a brisk clip, and in a myriad of other ways.

While all those are terrific, do not neglect the skillful aspects of movement.

Skillful movers (of all ages) are more likely to get active at a young age and stay active as they age than are those who do not learn fundamental lifetime movement and sport skills.

Learning to move skillfully – whether serving a tennis ball, driving a golf ball, executing karate moves, line dancing, or playing volleyball – is a significant aspect of personal health.

This skill development is particularly important if you graduated from Georgia high schools. The state requires only 60 clock hours of Physical Education in grades K-5 (this equates to about 40 minutes twice a week). There is no requirement in grades 6-8, and there is only a one course requirement (fitness – not skill based) in grades 9-12.

As a Georgia student, unless you received skillful instruction outside the school setting ... odds are you did not receive any.

I encourage you to register for our PED activity courses to begin the process (or continue it) of developing a lifelong love of skillful movement.

Whether you are a novice with a limited background in skill development, or a very skillful mover, you will be comfortable and have fun in our courses.

Join us this semester!

Guidelines for Adults

* Avoid inactivity (some activity is better than none)
* For substantial health benefits (see sidebar), complete 150 minutes of moderate physical activity a week ... or 75 minutes of vigorous activity a week
* Aerobic activity (which can accumulate during the day) should be in episodes of at least 10 minutes, ideally spread through the week
* Additional (and more extensive) health benefits can be gained through increased time (5 hours a week) or intensity of activity
* Adults should do muscle strengthening activities at least twice a week (this can be part of your 150 minutes) as these activities provide additional benefits (posture, self-image, independence of mobility, etc)
* For information on safety and for additional guidelines for adults, older adults, and children please visit:
  http://www.health.gov/paguidelines/
  ... Or (better still) take a Reinhardt College PED activity course!

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What is Moderate Physical Activity?

The Surgeon General defines moderate physical activity as being of ample time and intensity to burn 150 calories in one episode or 1000 calories per week. This activity does not have to be formal exercise.

Here are some examples:
* shooting baskets 30 minutes
* gardening 30-45 minutes
* walking 2 miles in 30 minutes
* walking stairs 15 minutes
* wheel wheelchair 30-40 minutes
* playing volleyball 45 minutes
* wash/wax car 45-60 minutes

Benefits of Regular, Moderate Physical Activity

Reduced risk for:
* Dying prematurely
* Dying from heart disease
* Developing diabetes
* Developing high blood pressure
* Developing colon cancer
* Depression and anxiety

Additionally:
* Promotes psychological well-being
* Promotes healthy bones, muscles, and joints
* Helps older adults maintain strength and mobility

Fitness Components

Do you know your fitness levels for:
* -Cardio-Respiratory Endurance
* -Muscle Strength & Endurance
* -Flexibility
* -Body Composition

If not, you can evaluate them in PED 100 or 200 ... or contact Dr. Akers or Dr. Epling for tests that allow you to measure them yourself!
Join the Fun – Become a Sport Studies Major

Registration for Summer and Fall 2009 classes begins March 31st, but advising for those classes will take place the week of March 23-27. If you are interested in becoming a Sport Studies Major, please visit Dr. Epling’s office on the second floor of the Gym (Room 213) and sign up for an advising time.

Sport Studies majors have been active in the classroom and in extracurricular activities, so consider joining the fun.

Several seniors are completing (or have completed) internships recently. Drew McDaniel and Mizuno USA; Dana Jackson worked with Gordon College Athletics; Heath Hooper will work with Young Harris Athletics this summer as the college makes a transition to NCAA Division II Athletics. Kyle Bishop plans to work with the Etowah High School summer basketball program after helping with the Reinhardt junior varsity team this past fall. Mark Mashburn plans to complete his internship at Georgia Southern in campus and outdoor recreation this summer. Finally, Padraig McDonagh worked with youth soccer in his native Ireland last summer.

Similarly, our underclass majors are busy. Brad Dunn will work with the Atlanta Junior Golf Association over the summer and help coach the Woodland High School baseball team, while Kelsey and Kinsey Galyon tentatively plan to work in Australia and Canada.

Kip Dyer coached the Reinhardt JV men’s basketball team in the fall; Kirk Pierce and Justin Slead plan to work with Walter May and the Reinhardt Intramurals program next year.

Several of our majors are on athletic teams. While listing all their accomplishments would take more space than we have, we would like to note that Kordel Alexander was named to the men’s all-conference basketball team in the SSAC and Padraig “Pozzy” McDonagh earned SSAC all-conference honors in soccer for the third consecutive year.

Finally, a quick glance at grades shows approximately 40% (16 of 40) of our majors carrying an overall GPA of 3.0 or higher!